Review Article

Waram-e-Rahem (Metritis)- An Overview

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ABSTRACT

Unani System of medicine or Unani tibb is a traditional system of medicine practiced in India. Waram-e-rahem (Metritis) is the inflammation of uterus affecting its different parts. Its aetio-pathogenesis is based on the predominance of any of the four akhlats (mainly dam). The other causes include amenorrhoea, suppressed post partum haemorrhage, uterine injury and mishandling during labour. Waram-e-rahem should be suspected in patients who complain pelvic or lower abdominal pain with unknown etiology as well as who have cervical motion, uterine, or adnexal tenderness. The treatment of waram-e-rahem as per Unani classical literature is based on four (4) principles: Taskin-e-alam (analgesia), Tanqiya-e-mawad (evacuation of morbid material), Tahlil-e-waram (resolution of inflammation) and Taqlil-e-ghiza (dietary control) in initial stage. In this review article, Unani concept of waram-e-rahem with treatment is elaborated as mentioned in different Unani classical literature.

Keywords: Waram-e-Rahem, Metritis, Unani classical literature, Unani drugs.

INTRODUCTION

Waram-e-rahem (Metritis) is the inflammation of uterus, affecting its different parts. Its aetio-pathogenesis is based on the predominance of any of the four akhlat (mainly dam). It can be caused by conditions like amenorrhoea, suppressed post partum haemorrhage, uterine injury, mishandling during labour, excessive coitus and perforation of hymen due to intercourse etc. It is characterized by foul smelling discharge, fever with chills, nausea, shooting pain in lower back and pubic region, dysuria, painful defecation and specific features of causative humour.¹

In the celebrated first book on the subject of Ilmul Qablawa Niswan titled ‘Taleemul Qabla’ by Abul Razzaq, waram-e-rahem has been mentioned as metritis. It is the waram (inflammation) of tabqay-e-azliya (muscular coat). This waram is limited to the azlati parat (muscular layer). But sometimes it spreads to the inner membrane of the tabqay-e-mukhatiya (mucous coat). In a very exceptional case, this waram extends to the tabqay-e-masliya (serous coat) means its bairooni parat (external layer) which is a part of the safaq-ul-batan (peritoneum). In this situation, the condition of the patient appears to be very serious.²

Waram-e-rahem extends to the fam-e-rahem (cervix) and resulting in waram-e-fam-e-rahem (cervicitis). Sometimes it causes dubela (abscess) of rahem or salabat-e-rahem (hardness of uterus) and lastly it turns into the sartan-e-rahem (uterine carcinoma).³ Waram is developed
within rahem (uterus), or its mouth, one side or its superior part. Waram-e-har (acute inflammation) is safrawi (choleric) or damvi (sanguine) which affects body of rahem. Waram-e-barid kham (chronic inflammation) is balghami (phlegmatic), bad, mutaffiun (putrefied) and is developed by sartani saudawi ma’da. Commonly, auram-e-har (acute inflammation) become hard especially those waram having ghaliz ma’da (morbid material). Sometimes, external causative factor like injury during delivery of child may cause waram (inflammation).[4]

CAUSES (ASBAB)
Predisposing causative factors of this disease generally are Ehtabas-e-хаиз (amenorrhea), Kasarat-e-majamiyat (excessive coitus), Kharaj (absscess), Zarb wa Sadma (injury and shock), Isqat-e-hamal (abortion) or due to takleef/discomfort of waza hamal (difficulty in labour) and waram-e-andam-e-nahani (inflammation of vagina) as per Unani classical literature. According to Unani classical literature, waram-e-rahem is classified into two (2) types as follows[3-9]:

Waram-e-rahem har (Acute inflammation): it includes two (2) subtypes:
a) Waram-e-damvi: its cause is dam (blood) as mentioned.
b) Waram-e-safrawi. It is having sadeed awariz (severe complications) and sakht takleef (discomfort). It is said to be very dangerous condition. In medical terminology, it is called as “acute”.

Waram-e-rahem barid (Chronic inflammation): it includes waram-e-balghami (phlegmatic inflammation) and waram-e-saudawi (melanotic inflammation). It is having khafeef awariz (mild complications) and, it is said to be less dangerous condition.

SIGNS & SYMPTOMS:
The signs & symptoms of waram-e-rahem are abnormal swelling with itching and pain at the pelvic site, patient feels urges of urine and stool continuously, and micturition and defecation takes place with mild pain. Body temperature of the patient increases beyond normal and feels feverish at all the time with increased severity in third day of waram-e-safrawi. Patient feels spasmodic pain, walks with difficulty, and cannot sit for the long time in the rahem (uterus). If pain occur backside of the rahem, then pain takes place more towards back and difficulty in defecation. If pain feels front side to the rahem, then it refers more towards pelvic site and difficulty in micturition. Other symptoms are fever, headache, severe dyspepsia, loss of appetite, indigestion, nausea, vomiting, Humna hadda (acute fever) and black tongue with various complications.[3-9]

TREATMENTS AS PER UNANI SYSTEM OF MEDICINE[3-9]:
In Unani system of medicine, the treatment of waram-e-rahem is based on the four (4) principles: (i) Taskin-e-alam (analgiesia), (ii) Taniya-e-mawad (evacuation of morbid material), (iii) Tahlil-e-rahem (resolution of inflammation), (iv) Taqlil-e-ghiza (dietary control) in initial stage.
When waram-e-rahem is treated with dawa (Unani drugs) is known as Ilaj bil dawa which includes Ilaj bil mufradat (single drugs) and Ilaj bil murakkabat (compound formulations):
Oral administration of mufradat (single drugs) and murakkabat (compound formulations):
Oral administration of decoction of Amaltas (Cassia fistula, Linn.) and mixture of Arq-e Mako, Arq-e Kasni mixed with Maghz-e Falus Khyar shambar (Pulp of pod of Cassia fistula, Linn.), Roghan-e Badam.[1] Oral administration of Joshanda-e-Aftimun, when the cause is Sawda (Black bile)[11], Joshanda-e-Fawakih, in case of Waram Har (Acute inflammation).[1] Compound formulations are used such as Majun-e-Dabid ul-Ward 7gm in quantity is taken orally in the morning[11], Safuf-e Lajward, Majun-e-Najah in 5-10gm quantity in case
of Waram Sulb\textsuperscript{1} and use Qurs-e Kaknaj in 5gm.\textsuperscript{1,10}

Local application of mufradat (single drugs) and murakkabat (compound formulations):
Local application of the paste made up of single drugs, over pelvic region namely, Roghan-e Gul, Khashkhash (Seed of Papaver somniferum, Linn.)\textsuperscript{3}, Local use of pessary consists of Shiyaaf Abyaz mixed with Afyun (Dried latex of Papaver somniferum, Linn.)\textsuperscript{3}, application of paste of the single drugs namely, Babuna (Matricaria chamomilla, Linn.), Nakhuna (Pod of Trigonella uncata, Boiss.), Ard-e-Jaw (Flour of Hordeum vulgare, Linn.), Hubla (Trigonella foenum-graecum, Linn.), Alsi (Linum usitatissimum, Linn.), Anjir (Ficus carica, Linn.)\textsuperscript{3} and use of compound formulation namely, Marham Dakhilyun\textsuperscript{3,4}, Marham-e Basliq\textsuperscript{3} and Marham-e Ushaq\textsuperscript{1} over the pelvic region. Ilaj-bit-tadbeer (Regimenal therapy):
Regimenal therapies are used to treat waram-e-rahem (Metritis) such as Fasd basliq (bloodletting through basilic vein)\textsuperscript{4}, Fasd safin (bloodletting through saphenous vein)\textsuperscript{4}, Qay (emesis)\textsuperscript{3,4}, Is’hal (purgation)\textsuperscript{3-5,7}, Takmid Har (hot fermentation)\textsuperscript{4}, Aabzan (Sitz bath)\textsuperscript{3} and Nutool (Irrigation).

Ilaj bil ghiza (Dietotherapy)
It is one of the therapies in which various kinds of diet are used to treat the disease of waram-e-rahem. Highly digestible diet\textsuperscript{7,12} such as Ma’ul-shair (barley water)\textsuperscript{1} and Ma’ul jubn\textsuperscript{1} should be taken in regular diet. Muwallid-e-sauda aghziya, spices and condiments should be restricted from diet\textsuperscript{7,12}

In the context of Tahaffuz (Prevention/precaution), principles of hygiene should be adopted as a precaution and preventive measure in waram-e-rahem.\textsuperscript{3,7}

**CONCLUSION**
Unani system of medicine has gained tremendous popularity among the society. Unani medicines have been used as a safe, effective and economical alternative to drugs presently approved for symptomatic treatment of waram-e-rahem. It is one of the most common causes of mortality and morbidity in women of reproductive age groups. In conventional medicine, waram-e-rahem is managed by multiple broad spectrum antibiotic regimens for the proper coverage of the involved pathogens. However, its clinical cure rates are very less and recurrence is very common. On the other hand, Unani System of Medicine involves a number of drugs of plant and mineral origin drugs against urogenital infections. As per Unani System of Medicine waram-e-rahem is based on the four (4) principles: Taskin-e-alam (analgesia), Tanqiya-e-mawad (evacuation of morbid material), Tahlil-e-waram (resolution of inflammation) and Taqilil-e-ghiza (dietary control). Unani drugs are found to be more effective and safe for the treatment of waram-e-rahem.

**Conflict of Interest:** There is no conflict of Interest.

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